

Name: _____ PE Teacher: _____ PE Period: _____

DANA P.E. – FOOD LOG DAY 1

Directions: Use this page to record what foods/beverages you consume and at what time you consume them, in 1 full day. **BE SPECIFIC!** Each food/beverage entry should be described by its specific type and quantity.

BREAKFAST

TIME: _____

FOOD:

BEVERAGES:

AM SNACK

TIME: _____

FOOD:

BEVERAGES:

LUNCH

TIME: _____

FOOD:

BEVERAGES:

PM SNACK

TIME: _____

FOOD:

BEVERAGES:

DINNER

TIME: _____

FOOD:

BEVERAGES:

<OPTIONAL> NIGHTTIME/AFTER-DINNER SNACK

TIME: _____

FOOD:

BEVERAGES:

Name: _____ PE Teacher: _____ PE Period: _____

DANA P.E. – FOOD LOG DAY 2

Directions: Use this page to record what foods/beverages you consume and at what time you consume them, in 1 full day. **BE SPECIFIC!** Each food/beverage entry should be described by its specific type and quantity.

BREAKFAST

TIME: _____

FOOD:

BEVERAGES:

AM SNACK

TIME: _____

FOOD:

BEVERAGES:

LUNCH

TIME: _____

FOOD:

BEVERAGES:

PM SNACK

TIME: _____

FOOD:

BEVERAGES:

DINNER

TIME: _____

FOOD:

BEVERAGES:

<OPTIONAL> NIGHTTIME/AFTER-DINNER SNACK

TIME: _____

FOOD:

BEVERAGES: